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Research on Inheritance and Innovation of Children's Folk Sports Culture in the Junction Area Between Chongqing and Hubei

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Abstract: This paper examines the current status and development dilemma of the children's folk sports culture in the junction area between Chongqing and Hubei with reference to relevant literature. After the literature review and summary, the study finds there are several factors restricting the inheritance and development of the children's folk sports culture in the area, including insufficiency of theoretical analysis, weak public support in cities, blind imitation of modern sports culture, and absence of policy support. To address the above problems, we put forward several suggestions to promote the inheritance and development of children's folk sports game culture. First, we should focus on the theoretical research and cultural dissemination of children's folk sports culture. Second, we should improve the basic rules of children's folk sports games. Third, importance should be attached to government support in developing children's folk sports game culture. Fourth, we should ensure the continuation and inheritance of children's folk sports culture via school activities. Finally, we should carry forward children's folk sports culture and explore ways to develop excellent cultural tourism.

Keywords: children, folk sports, cultural inheritance, junction area between Chongqing and Hubei

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The Junction Area between Chongqing and Hubei (“the Junction Area”) refers to the mountainous areas and adjacent areas where the territories of Chongqing and Hubei meet. In broad terms, it refers to Chengkou county, Wushan county, Wuxi county, Fengjie county, Yunyang county, Wanzhou district, Zhongxian county, Shizhu county, Qianjiang district in Chongqing municipality, and Yichang city, and Enshi Tujia and Miao autonomous prefecture in Hubei province. In narrow terms, it mainly refers to Wanzhou district and Lichuan city, where the cultures of Chongqing, Hubei, and Tujia integrate with one another. Therefore, these two places were selected as the research objects of this study. With more than 30 ethnic minorities, such as Tujia, Miao, and Hui, living in over ten counties and districts there, it is a typical multi-ethnic area. A variety of children’s folk sports games emerged there, including those derived from ancient military wars, such as archery, slingshot, and target shooting; games derived from farming activities, such as picking, handling, and throwing, games derived from hunting activities, such as Hawk Catching Chickens, climbing trees, and kicking shuttlecocks, and body games derived from physical movements, such as guessing the middle finger, hiding finger, hitting the back of the hand, and fancy rope skipping, which contain extremely special cultural implications.

Living and working in the mountainous and barren area, the local people skillfully created these unique children’s folk sports games in harmony with the local natural environment. Such games are closely related to local customs, values, religious beliefs, sacrifice ceremonies, community regulations, and conventions boasting distinct cultural characteristics and implications of the mountainous areas, which fully demonstrate the abundance and diversity of Chinese culture. Interesting and entertaining, fair in winning opportunities (Mi & Duan, 2018), and flexible in rules and venues, these games maintain their strong vitality generation after generation. These games can help local children develop healthy personalities, achieve independent egos and self-development, cultivate a sense of morality and rationality and the spirit of solidarity and cooperation, strengthen their sense of group solidarity and honor, and enrich their experiences (Li, 1998). The rapid economic and social development has promoted the modernization and urbanization of the local living environment. Economic development, modernization and urbanization, and other factors have also accelerated the migration of rural residents to cities as well as the population flow within cities. Since some people in these migrant groups are participants or inheritors of local children’s folk sports games, their migration may result in the reduction or disappearance of many children’s folk sports games. It can be concluded that modernization and urbanization have brought great impacts on the inheritance and development of children’s folk sports culture in the Junction Area. Therefore, in the process of modernization and urbanization, how to retain the special culture of children’s folk sports games there has become an urgent problem to be solved.

Current Status and Development Dilemma of the Inheritance of Children's Folk Sports Culture in the Junction Area

Current Status

With the advancement of modernization and urbanization (Yao, 2005), the Junction Area has witnessed rapid economic and social development, which has enriched local people's material and spiritual life and improved their quality of life. However, symbols of the traditional ethnic culture as they are, some children's folk sports games such as Digun (literally "pushing sticks," a game in which two children push a stick against their bellies to showcase their strength) and Jiyouzha (a game in which children squeeze each other against the wall to keep warm) are fading, while others, such as hiding fingers, and hitting the back of the hand, are on the verge of disappearing. At present, modernization, urbanization, and the impact of modern online games have ignited great changes in the local children's thinking, and their culture and knowledge structures. This has not only impeded the survival and development of the children's folk sports game culture, but also led to the decline in children's interest in such culture. With the progress of modernization and urbanization, many children living in the Junction Area are migrating to cities for learning and living. Therefore, children's folk sports games that have their source in the villages of the area have lost the basis for cultural inheritance and have gradually disappeared due to the migration.

Development Dilemma

Insufficient Theoretical Analysis

True knowledge comes from practice while theoretical support improves the practice. This is the same with the development of children's folk sports games. There are a variety of theories concerning modern sports culture, which have, to some extent, promoted the rapid development of modern sports. However, few studies have been conducted on the theoretical basis of children's folk sports games. Therefore, it is difficult to achieve ideal results in carrying out children's folk sports projects in the Junction Area. At present, the insufficient theoretical research on the folk sports culture in China, coupled with an incomplete theoretical system, has led to a deficiency in the theoretical research of children's folk sports culture in the Junction Area. The lack of targeted theoretical guidance has hindered development of children's folk sports culture in the Junction Area. In recent years, as China is increasingly stressing the importance of preserving the traditional culture and increasing investment in this field, some specialized traditional folk sports majors have been creatively set up to promote the further development of folk

sports. However, the development of folk sports still lags behind due to various reasons. The system for major and discipline setting and theoretical research in this regard is far from systematic and complete. And theoretical research approaches are not advanced or appropriate. In consideration of cultural inheritance and development, it is of high urgency to strengthen theoretical research on children's folk sports.

Weak Public Support

In the process of modernization and urbanization, children's folk sports games in the Junction Area have not been fully developed and utilized due to the restriction of the local geographical environment (Liang, 2016). In addition, the number of children who engage in such unique sports games is relatively small, and these games are far from popular in the cities in the Junction Area. Some games are only carried out sporadically in the villages in the Junction Area. Therefore, in the Junction Area, the influence of children's folk sports games is trivial. As is known, school education is the best way to inherit and develop our traditional national culture. However, from the point of view of school education in the Junction Area, we find that modern sports education occupies a large proportion of the physical education in the majority of schools, and the local children's folk sports games tend to be ignored. Although some schools have included several children's folk sports games in their physical education, these games are only developed to highlight the characteristics of schools and have not been regarded as regular content and curriculum in school physical education. In addition, according to the field interview and investigation, few teachers in schools in the Junction Area have carried out relevant cultural research. To sum up, all these factors mentioned above have, to a certain extent, aggravated the dramatic reduction of the public support of children's folk sports games.

Blind Imitation

Nowadays, due to the influence of multiple factors such as economic and cultural globalization, Chinese traditional sports culture is gradually eroded by that of modern sports. In addition, the public's positive respect for the competitive features of modern sports culture has led to the neglect of traditional Chinese sports culture. In contrast to the frequent modern sports activities, children's folk sports games are on the verge of disappearing (Li, 2005). In recent years, more attention has been paid to children's folk sports games in the Junction Area. However, some undesirable phenomena in its actual development process need to be addressed in a timely manner. For example, the rules and evaluation criteria of children's folk sports games have not been improved and innovated. Old-fashioned game rules are still adopted in such games. In particular, some games even blindly imitate the evaluation criteria adopted in modern sports games. As a result, the unique characteristics of children's folk sports games in the Junction Area are marginalized, and some items and important rules of the games have been deleted, leading to great changes in such culture.

Absence of Policy Support

In the process of modernization and urbanization of the Junction Area, it is essential to pay attention to and support the development of children's folk sports games in the area. Therefore, the government departments in the area should speed up the formulation of special policies and laws to protect regional children's folk sports culture. Furthermore, targeted guidelines at the national level should also be made to support the inheritance of children's folk sports culture in the area (Chen & Wen, 2014). However, relevant policies on traditional sports culture protection have not achieved the needed effects, and there are no special management departments or institutions in charge of the development of children's folk sports culture. As a result, the area is faced with insufficient professional staff engaged in the management and inheritance of regional children's folk sports culture and the lack of effective measures and approaches to managing children's folk sports games, which, to some extent, affected the inheritance and development of children's folk sports culture in the area.

Innovative Measures for the Inheritance and Protection of Children's Folk Sports Culture in the Junction Area

Innovation is not to exclude the old experience but serve as a special and effective driving force for development. Rather than changes in appearance, innovation pursues the real effect. The fundamental purpose of innovation is to promote adaptation and development. The innovative way to achieve the inheritance and protection of the children's folk sports culture in the Junction Area is to organically integrate the excellent and rich cultural elements contained in children's folk sports games in the area with the social development trend of modern times. In this way, we can fully explore the cultural advantages of these games, popularize them in society, and actively explore their rich educational, economic, social, and cultural values, to creatively promote the inheritance and protection of this sports culture.

Focusing on the Theoretical Research and Cultural Dissemination of Children's Folk Sports Culture

Among children's folk sports games in the Junction Area, projects such as Shuttlecock, Hawk Catching Chickens, Seesaw, and Dragon Lanterns are extremely popular. Such games own stable support from the public and have formed an independent and complete movement technology after years of practice. We should actively use modern information technology to explore the cultural resources of children's folk sports games and sort out and archive stories and books in this regard. Emphasis should be placed on exploring the channels for carrying forward children's folk sports game culture in the Junction Area and increasing the influence of this culture through cultural communication. We should

improve projects with entertainment and fitness values in children's folk sports games while giving full play to the educational, cultural, and social functions of those with little entertainment and fitness values. Moreover, we should try to attract more people to participate in these games via publicity to promote the cultural inheritance of the sports culture (Hou, 2018). As children's folk sports games do not have obvious competitive features, and their rules are not as standardized as those of modern games, the following measures must be taken to improve sports culture in the Junction Area; consolidating the cultural foundation of children's folk sports games in a unique manner, building a sound system for the communication of the traditional sports culture, and encouraging more people to participate in children's folk sports games. Efforts should also be made to promote children's folk sports game culture to the whole country and build a representative sports culture to realize the inheritance of children's folk sports game culture.

Improving the Basic Rules of Children's Folk Sports Games

Children's folk sports games in the Junction Area have their own special cultural characteristics and game rules. Therefore, it is important to formulate scientific and reasonable game rules and regulations to guide the smooth operation of various cultural performances or competitions in relation to the children's folk sports game culture in the Junction Area. For children's folk sports games with obvious competitive features, emphasis should be placed on comprehensively researching and improving their rules, technical movements, and competition systems to adapt to the development of children's folk sports games. Meanwhile, we should pay attention to feasibility and clarity when formulating game rules and ensure the game results can be evaluated with quantitative standards, via which we can further promote the cultural inheritance of children's folk sports games in the Junction Area.

Attaching Importance to Government Support in Developing Children's Folk Sports Game Culture

Nowadays, as modern sports culture occupies an important position in our country, children's folk sports game culture cannot compete against it without some external help (Wu & Wang, 2020). Therefore, it is necessary to fully leverage government support to facilitate the development of children's folk sports game culture. In addition, cultural administration departments in the Junction Area should give full play to their functional roles to accelerate the development of children's folk sports culture in the area and to publicize children's folk sports game culture. First, it is necessary to set up cultural agencies in the Junction Area. Second, scientific and targeted cultural policies should be formulated to promote the development of children's folk sports games in the area (Li, 2018). Finally, local sports and cultural authorities should vigorously create a favorable

environment for the development of the children's folk sports culture, purchase equipment to build venues, and create special support funds to help organizations engaged in children's folk sports games culture to carry out relevant work. Emphasis should also be placed on collecting and sorting out cultural resources and materials concerning children's folk sports games in the Junction Area.

Strengthening Human Resources Building to Promote the Children's Folk Sports Culture

The development of children's folk sports games in the Junction Area is inseparable from the development and investment of human resources. Therefore, the cultural administration departments should further strengthen the corresponding human resources building while formulating policies and systems to promote children's folk sports culture. First, the departments should make full use of specialized institutions to train personnel with solid theoretical knowledge and practical skills and accelerate the collection and sorting of materials related to local children's folk sports games. Second, the departments should strengthen the training of teachers and instructors for children's folk sports games and intensify qualification examinations to select full-time cultural instructors with comprehensive capabilities and strong teaching and instructing abilities in strict accordance with the requirements and regulations of relevant national systems (Ren, 2016). In terms of training for the students and teachers engaged in children's folk sports games, scientific and targeted approaches should be adopted to enhance students' overall capabilities and teachers' teaching abilities. Such approaches as mentorship should be adopted to cultivate students with professional skills (Luo, 2012). In terms of student selection, teachers or instructors should first have in place a scientific and standardized talent selection system, constantly improve their professional abilities and skills, and continue to play their role in communicating children's folk sports culture.

Carrying Forward Children's Folk Sports Culture by Aligning It With Modern Sports Culture

Children's folk sports culture in the Junction Area has experienced a dynamic evolving process with the progress of modernization. This is, in essence, the globalization of sports culture and rules, which generally involves three basic processes. The first is communication, via which differences in cultures, concepts, and rules are identified. The second is adjustment, via which differences are gradually eliminated. The third is regulation formulation and mutual integration, during which children's folk sports culture will be integrated into that of modern sports. Given the actual development status of children's folk sports games in the Junction Area, relevant departments should strive to solve problems restricting their development. First, they should promote the modernization of policies and systems concerning children's folk sports culture, that is, to learn from

the modern sports culture in terms of content, architecture, and level when formulating related laws and regulations in relation to children's folk sports game culture. Second, they should promote the modernization of the management system concerning children's folk sports game culture, that is, to learn from the modern sports culture in terms of cultural organization and talent management system. Third, they should facilitate the international communication of children's folk sports culture, including cultural level and positioning, among others. Fourth, they should foster the international development of the children's folk sports cultural industry, that is, to learn from modern sports in terms of professional qualification of personnel, industrial operations, and other aspects.

Ensuring the Continuation and Inheritance of Children's Folk Sports Culture via School Activities

At present, modern physical education has become an indispensable part of school education in the Junction Area. Children acquire systematic modern physical education once they enter school, which in turn isolates them from their original sports culture. Later, with the accumulation of knowledge, they gradually alienate themselves from the traditional sports culture. Especially with the improvement of education and academic level, students tend to have a declined recognition of their fine traditional sports culture. The gap between the young generation and their parents in recognition of traditional sports culture will thus lead to the disappearance of inter-generational transmission of this culture (Shen, 2013). Therefore, schools in the Junction Area should vigorously carry out regular activities concerning children's sports games, actively include children's folk sports games in school physical education, and encourage students to make relevant game equipment themselves. In this way, students can have access to children's sports games and thus improve their comprehensive literacy (Xin, 2014). In the future, we should distinguish traditional national sports from modern sports scientifically and emphasize the role of harmony and coexistence embedded in the traditional sports culture in influencing and rectifying malpractices in society. We should bear in mind our national culture, strive to enhance the recognition of our excellent national culture among students to enhance their sense of national identity, and guide them to devote themselves to the grand cause of national development (Zhang & Yu, 2005). The most effective and scientific approach to protecting and inheriting this special culture is to carry out children's folk sports education in schools, via which, the children's folk sports culture can usher in sustainable development.

Carrying Forward Children's Folk Sports Culture and Exploring Ways to Develop Excellent Cultural Tourism

As people's material and spiritual lives become increasingly abundant, modern tourism has undergone great changes from centering on natural landscapes to cultural appreciation

and experience. In modern society, the accelerated pace of life and work imposes great pressure on people, and tourism has become a popular way for people to acquire multiple sensory experiences and relax themselves both mentally and physically. Children's folk sports culture exactly adapts to this special psychological need (Xu, 2018). It has great potential and advantages to exploit children's folk sports culture in the Junction Area of Chongqing and Hubei as local characteristic cultural tourism resources. The children's folk sports culture in the junction area is expected to become a new type of cultural tourism with great potential (Long, 2011). Cultural tourism will increase the income of local villagers while also providing tourists with an opportunity to experience the essence of the children's folk sports culture in the Junction Area. This is not only conducive to promoting local cultural transmission and inheritance but also enhancing the confidence and creativity of local people. Specifically, it will motivate the enthusiasm of local people to actively explore and innovate the local children's folk sports culture by integrating it with modern trends so that more people can have access to experiencing this unique culture with regional characteristics. In this way, we can promote the transition and adaptation of the children's folk sports culture in the Junction Area and achieve the innovative development of excellent national sports culture in modern society. Therefore, under the promotion of cultural tourism, it is possible to achieve the organic integration of the inheritance and protection of children's folk sports culture in the Junction Area and realize innovative development of the traditional regional culture in the new historical environment (Shen, 2015). As a result, children's folk sports culture will become more vibrant, and will achieve better inheritance and communication effects through continuous innovation.

Conclusion

Throughout the long history of human survival and reproduction, human culture has been evolving in a dynamic manner, and cultural inheritance and changes are a commonly seen phenomenon among all ethnic groups in the world. With the rapid socioeconomic development in modern society, the children's folk sports culture in the Junction Area is experiencing accelerated changes and is increasingly aligning with "modernization." For different ethnic groups, "modernization" is more of a concept of cultural relativity, which can be understood from multiple dimensions. In the context of modernization, the children's folk sports culture in the Junction Area is changing rapidly towards modernization. Therefore, it is of great significance to inherit and innovate the children's folk sports culture in the Junction Area. The cultural administration departments should take the initiative to create a sound environment for the further development of the children's folk sports culture in the Junction Area and give full play to the important role of this culture in educational, cultural, and social development (Huang & Liu, 2019).

They should also take advantage of modern information technology and communication channels to publicize and promote the children's folk sports culture to the whole society. Efforts should also be made to integrate children's folk sports culture with modern sports culture, modern sports education, and modern leisure and entertainment life, to achieve the coexistence and the integrated development of children's folk sports in the junction area of Chongqing and Hubei culture with modern culture.

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